

# Standing Roll Down



## Benefits:

- Hamstring Flexibility
- Releases Tension from Neck and Shoulders
- Stretches Back Muscles

## Step by Step

- Start standing hip-width apart.
- Inhale to prepare.
- On the exhalation roll down only as far as you're comfortable. If you feel a twinge in your back, stop before the pain kicks in. Any bracing of your muscles will achieve the opposite, more tightness.
- Don't try to reach your toes. This will only engage and tighten the muscle you're trying to release. Again exactly the opposite of what we're trying to achieve. Bend your knees a bit, to take tension out of your legs and spine.
- No zombie arms. Shake and dangle your arms.
- Inhale into your back while your upper body is dangling.
- Exhale and scoop your abdominals on the roll up to keep your spine long and protected.
- No shoulder rolls.